

WHAT TO DO WHEN YOU ARE CAUGHT IN A WINTER STORM



Winter storms are considered *deceptive killers*.... most deaths are indirectly related to the storm.

- People die in traffic accidents on icy roads.
- People die of a heart attack while shoveling snow.
- People die of hypothermia from prolonged exposure to cold.

AVOID OVEREXERTION, such as shoveling heavy snow, pushing a car, or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.

When Caught in a Winter Storm...

Outside

- Find shelter.
- Try to stay dry.
- Cover all exposed parts of the body.
- Prepare a lean-to, windbreak or snow cave for protection from the wind and cold.
- Build a fire for heat and to attract attention.
- Place rocks around the fire to absorb and reflect heat.
- Do not eat snow, snow will lower your body temperature

In a Car or Truck

- Stay in your car or truck.
- Disorientation occurs quickly in wind-driven snow and cold.
- Run the motor about ten to fifteen minutes each hour for heat.
- Open the window a little for fresh air to avoid carbon monoxide poisoning.
- Make sure your exhaust pipe is not blocked.
- Make yourself visible to rescuers.
 - Turn on your dome light at night when you run your engine.
 - Tie a colored cloth (preferably red) to your antenna or door.
 - Raise the hood indicating trouble after the snow stops falling.

(continued)

- Exercise from time to time by vigorously moving arms, legs, fingers, and toes to keep blood circulating and to keep warm.

At Home or in a Building

- Stay inside.
- When using alternative heat from a fireplace, wood stove, space heater, etc., use fire safeguards and proper ventilation.
- Close off unneeded rooms.
- Stuff towels and rags in cracks and under doors to keep the heat in.
- Cover windows at night to keep heat in.
- Eat and drink. Food provides the body with energy for producing its own heat.
- Keep the body replenished with fluids to prevent dehydration.
- Wear layers of loose-fitting, lightweight, warm clothing. Remove layers to avoid overheating, perspiration, and subsequent chill.



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and

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